

Welcome to *The Pulse*, from Greater Tri Cities IPA Medical Group. This is your quarterly check-up for health tips, facts, and all you need to know from your local North County Medical Group.

Diabetes Prevention

Type 2 diabetes is on the rise in the United States. Prevention plays a key role in decreasing the chances of acquiring this medical condition. Making some lifestyle changes can aid in decreasing the chance of getting diabetes. The American Diabetes Association recommends the following tips:

1. Increase physical activity- The benefits of regular physical activity includes weight loss and lowering blood sugar.
2. Fiber intake- This reduces your risk of diabetes by improving blood sugar control, lowering the risk of heart disease and promoting weight loss. Foods high in fiber include fruits, vegetables, beans, whole grain and nuts.
3. Incorporate whole grains into your diet- Whole grains help maintain blood sugar levels.
4. Make healthier food choices- Engage in portion control. Ensure the dinner plate includes at least the following: non-starchy vegetables (at least half the plate), meat, fish, poultry or other protein (egg or tofu) in a small section of the plate and lastly, any starchy food (pasta, potatoes or rice) in another small section of the plate.

Always consult with your doctor before starting any significant lifestyle changes.

-From the desk of Iselda Gentry, MSN, FNP-BC

Managing Diabetes During the Holidays

If you are living with diabetes, the holidays can be a difficult time to stick to your diet. Here are some tips for staying on track:

- Stay on schedule. Skipping meals to save calories for later makes it harder to maintain your blood sugar and could cause overeating.
- Take the edge off of your appetite and start your meal with vegetables.
- If you indulge in sweets, balance it out and cut back on other carbs like potatoes or bread.
- Slow down. Remember it takes 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol as drinking in excess can lower blood sugar and/or interact with your medication.

- Heather Rotan
Clinical Initiatives Manager

Medicare Annual Election Period

October 15th to December 7th is the time of year that you should review your Medicare insurance benefits. There are a lot of changes to Medicare for 2020.

Here are a few questions you should consider:

- Are my prescriptions a fair price?
- Are my co-payments too high?
- Would it be helpful to get over the counter (OTC) items at no cost to me?
- Would transportation benefit me?
- Do I have a gym benefit?

Attend a Medicare Comparison Meeting sponsored by Greater Tri Cities IPA Medical Group. The meeting will have a "side by side" comparison of benefits offered by 9 Medicare Advantage Plans accepted by the Medical Group. Feel free to contact us if you have any questions or would like information.

-Midland Senior Care Insurance
(760) 504-9740
(Lic 0H31773/Lic 0F50505)

Diabetes Support Program

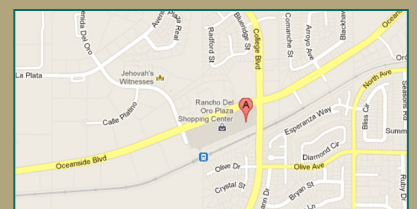
Recently diagnosed? Or struggling to manage your diabetes? Get one-on-one support. Talk to your Primary Care Doctor or contact our customer care line for more information (760) 732-0272.



Quick Fix

Greater Tri Cities IPA
Customer Service
available 9 AM to 5 PM Monday
thru Friday:
(760) 732-0272 (TTY/TDD 711)

Urgent Care is available 8 AM
- 8 PM Monday thru Sunday at
828 Urgent Care:

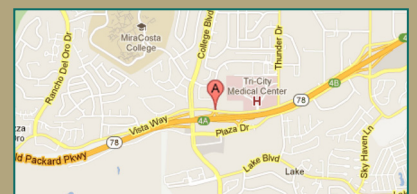


4171 Oceanside Blvd. #109
Oceanside, CA 92056
(760) 216-6253

Call your Primary Care
Physician whenever possible
before seeking Urgent Care.

Lab Work can be handled at
any LabCorp location.
www.labcorp.com

Tri-City Medical Center is our
primary hospital serving the
community since 1961:



4002 Vista Way
Oceanside, CA 92056
(760) 724-8411

Your Primary Care Physician
accepts the following health
plans:

Aetna	Brand New Day
Alignment	Health Net
Anthem Blue Cross	Humana
Blue Shield	Sharp
Blue Shield Promise	United Healthcare

Upcoming Events

Events listed below are free of charge.

Call 760-732-0272 (TTY/TDD 711) for more information about events, dates, times, or to RSVP.

Annual Election Period Information Session:

Wednesday, October 23rd from 10AM to 12PM
Tri-City Wellness & Fitness Center
6250 El Camino Real
Carlsbad, 92009

Annual Election Period Information Session:

Wednesday, November 6th from 9AM-11AM
Tri-City Medical Center
4002 Vista Way
Oceanside, 92056

Annual Election Period Information Session:

Thursday, November 21st from 2PM-4PM
Tri-City Wellness & Fitness Center
6250 El Camino Real
Carlsbad, 92009

Greater Tri Cities Medicare Plan Comparison:

- Saturday, October 26th at 9AM
- Saturday, October 26th at 11AM
- Saturday, November 16th at 9AM
- Saturday, November 16th at 11AM

Greater Tri Cities IPA
161 Thunder Drive, Suite 212
Vista, 92083

Seats limited RSVP to ensure your spot: (760) 732-0272.
Bring a friend for an extra raffle prize entry!

Get a "side by side" comparison of benefits offered by 9 Medicare Advantage Plans accepted by Greater Tri Cities IPA. No sales pressure! All sessions will be facilitated by a certified, independent, insurance broker.